

THINK BEFORE YOU SPEAK.

REFLECT on the merits of the different brands of FLOUR before you give the order to the grocer—the success of the baking depends on the quality of the FLOUR you use. Use CERES FLOUR. CERES is used by all the best cooks. It contains a greater amount of nutriment than any other FLOUR and makes purer and better BREAD and PASTRY.

TWENTY-five years of success is CERES' record. Be sure to specify CERES FLOUR to the grocer, and see that you get it. All grocers sell CERES. We're only wholesalers.

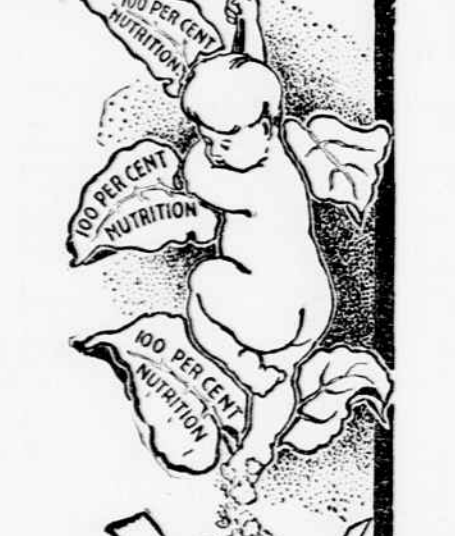
Wm. M. Galt & Co.,
Wholesalers, 1st and Ind. Ave.

Stuyler's
ITALIAN PEPPERS.
(10¢ ALUMINUM PACKET.)
A HANDY POCKET STAMP BOOK WHEN EMPTY.

GUM IMITATIONS.
(10¢ ALUMINUM BOXES.)
ASSORTED PURE FLAVORINGS.

IF NOT SOLD BY YOUR DRUGGIST,
MAILED FREE UPON RECEIPT OF PRICE.
863 BROADWAY, N.Y. CITY.

The baby-bloom blossoms into perfect youth when nourished by the deliciously cooked



TOASTED WHEAT FLAKES

Thoroughly Cooked.

Flakes

sweetened with

Malt-Honey

Nature's Health Sweet.

They invite, strengthen, satisfy.

The genuine bear a picture of the Battle Creek Sanitarium on the package. Others are imitations.

Battle Creek Sanitarium Food Co.,
Battle Creek, Mich.

Original Manufacturers of Battle Creek Foods.

Rae's
Lucca
Olive Oil

appreciated by connoisseurs for its

Delicate Flavor

(Norank smell nor taste, so frequent in some brands of Olive Oil)

Guaranteed Pure Oil of Olives only

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LEGHORN, ITALY

BEWARE OF "JUST AS GOODS"

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HAVE Culmbacher

NO time like the present for having CULMBACHER BEER in the home. The holiday season means many callers, and you want to offer them the best there is. Let CULMBACHER be the beverage and you can rely on their being pleased. A CULMBACHER is a 2 quart or 12 quart delivered in unlettered wagons for \$1.25.

Washington Brewery Co.,
4th and F Sts. N.E. Phone E. 234.

BEER.

d-28-s, 1th-36

HOLMES' HOME-MADE PIES.

The finest pastries ever made. Delicious fillings, such as mince, pumpkin or any other kind. Each 20c.

Holmes' Bakery, 1st & E. Sts.
d-28-s-2nd

HOUSEHOLD HINTS

A bright New York woman, who does her own thinking along industrial and sociological lines, and who, by the way, is one of the few for whom the help problem holds no terrors, was explaining her attitude on the servant question a few days ago to a group of women interested in household economics. "I believe," she said, "that the solution of the vexed problem of the domestic help is to be found in the elevation of the position and the elimination of the old idea that household service is in any way a menial or ignominious task. I have had," she continued, "the same two maids, sisters, for a number of years, while their brother is my husband's man. They came to us extremely ignorant, but anxious to learn, and, as you know, they are all devoted to our interests. Last year they were ready to send for their youngest sister to come and help her. I told them that I would not have her, but that I would keep her. I said to one of my maids, 'She knows so much we will have her to study book-keeping.' 'You will do no such thing,' she replied. 'If you do that, the first thing you know she will get the idea that she is better than you in a social point of view, and you will grow apart. If she has brains there is no place where they are more needed than in the kitchen.' The girl came, and I took her myself over to Pratt Institute and showed her through the domestic science department. She was perfectly delighted with all, especially the model kitchen, and she was willing to take the lessons there. I found her a place near by, where the family was willing to have her. I said to one of my maids, 'She knows so much we will have her to study book-keeping.' 'You will do no such thing,' she replied. 'If you do that, the first thing you know she will get the idea that she is better than you in a social point of view, and you will grow apart. If she has brains there is no place where they are more needed than in the kitchen.' The girl came, and I took her myself over to Pratt Institute and showed her through the domestic science department. She was perfectly delighted with all, especially the model kitchen, and she was willing to take the lessons there. I found her a place near by, where the family was willing to have her.

I never realized before how much of a study housework is. I know now that it requires more brains to cook a perfect dinner than to keep books. That is it. When the mistress understands herself that there is no vocation above that of house-making, and is not only willing to put her own best efforts into its achievement, but to respect skilled, intelligent service when she finds it in others, the day of domestic emancipation is at hand. In every household there is a domestic training school, with evening classes for those who duties keep them busy during the day, and the mistress would encourage the maids to take the various courses in cooking, laundry work, and general care of house, there would soon be no cause for complaint that the laborer was unworthy of her hire.

The old popular idea of the typical clergyman as an ethical being with vague "skilled o'er with the pale cast of thought" is happily being rapidly dissipated. The successful preacher of the twentieth century is more apt to be a man of brawn as well as brain, understanding the close correlation between the healthy, well-nourished body and the clear, efficient mind. The New York Cooking School a number of theological students assigned to mission work in foreign fields are taking lessons in cooking as an aid to future self-reliance. Nor are these "men of the cloth" alone. In nearly all the large cities the young doctors are attending invalid diet classes in order to be able to intelligently advise the preparation of proper food for their patients. In the large California universities—Berkeley and Stanford—the professors pride themselves on their ability to cook for themselves on their frequent camping trips in the interests of science, and vie with each other in the concoction of "savory messes." The ranchman, woodsman, plainsman and miner who cannot "back it" satisfactorily to himself and his friends rests under a cloud of well-merited contempt. One of the best-known associated judges of Arizona declares that no forensic triumph ever gave him half the satisfaction that was afforded when he turned out a batch of doughnuts for Christmas that elicited the unqualified approval of the entire camp.

The woman who makes a practice of taking lemon juice clear for the benefit of her complexion is making a serious mistake. It injures the teeth and is injurious to the stomach as well. Diluted with water, the acid of the lemon is exceedingly beneficial.

While the traditional plum pudding was in vogue in the homes of the aristocracy, one of the many varieties of lead puddings or creams is considered especially appropriate at New Year. Some of these desserts have been known in France since the day of Chateaubriand. Here is a recipe for a delicious fruit cream as given by Mrs. Alice Gilbey, one of the best cooking teachers in the country: Three cups of milk, one cup of cream, one large, deep yellow egg, two full tablespoons of flour, one cup of sugar, one level tablespoon of gelatin if the pudding is to be molded; one-half pound of English walnuts (measured in the shell), one-quarter pound of raisins, one-half cup of currants, one-half cup of cold milk, saving three more tablespoons of the milk to mix with the sugar, flour and gelatin. Heat the milk to near boiling, and stir in gradually the flour, sugar and eggs, stirred in the cold milk. When the custard is cooked add the gelatin, the cream and one teaspoonful of vanilla. Freeze. When frozen and ready to pack, remove the dasher, add the chopped figs and nuts and stir thoroughly with a large wooden spoon. If in emptying this from the mold it splits, put a towel wet in boiling water over the mold to loosen it. Then, if it looks creamy, set on the ice a few moments to harden.

If you wish a tutti frutti ice cream without the trouble of making the cream at home, you can buy a quart of vanilla cream and a pint of pistachio cream at the confectioner's, and pack with the fruit yourself. Ornament a two-quart ice cream mold

THIS BLUE SIGNATURE

GUARANTEES

LEGIB

COMPANY'S EXTRACT OF BEEF. BEWARE OF "JUST AS GOODS"

Table and Kitchen.

Vegetable Soups and Purees and the Comfort They Give.

When vegetables are made into soups, for which almost any vegetable is suitable, the digestibility is greatly increased. The small cake of vegetable is not so easily digested. The most highly nutritious of these class of foods are made from the leguminous vegetables, which are known under the general term of pulse, including peas, beans, lentils, etc. This class of vegetables require fat only to make them sufficient for a complete meal.

The percentage of proteins contained in the three mentioned pod-bearing vegetables is much larger than that of meat. While the quality is not the same it is in no wise inferior, and the protein needs of the body—the tissue-building—can be supplied by these, as is proven by the physical condition of those who, from necessity or choice, depend largely on the legumes to furnish these necessary elements of food.

The Digestibility of Vegetable Soups.
In order to make these soups perfectly digestible for indoor workers as well as for those who live an out-door life and are more vigorous, the large amount of cellulose of the tougher sort must be subjected to a thorough slow and continuous cooking to free it from the protoid and starch of the vegetable.

The other vegetables are usually utilized for such soups as purees, so that the skins and the cellulose must be eliminated by the sifting process necessary for these soups.

Plain Vegetable Soup.
These may be made entirely of vegetables; the broth supplied by browned vegetables in a little fat or butter, and water and cooking as gently as possible for at least three hours. Or the vegetables may be cooked slowly in a very little water and the broth from scraps of meat and bones added to it.

Cream of Vegetable Soups.
A cream of vegetable soup is a very thin puree. The vegetables are cooked until very soft and then pressed through a sieve or strainer. Peas and beans need a very fine sieve—such as comes for this purpose. The water in which the vegetables are cooked with the addition of broth or stock with vegetable pulp and seasoning and a slight thickening of flour and butter to a cream. The puree is then added to the milk or cream to make the cream of vegetable soup. Peas, beans and lentils are sufficiently nourishing without the addition of milk; a little cream may be added if a cream soup is desired. The flour or cornstarch is used to give the soups a creamy, smooth consistency and prevent their settling. The flour and butter are added thoroughly blended together and this is called the "binding" that holds the solid and liquid parts together in soups or purees. Eggs beaten in the cream are added to these soups to make them richer. The egg and cream are put into the soup tureen and soup poured over them.

The Proportions Used in Making These Soups.
The general proportions are one quart of liquid, water, stock, broth or milk; two cups of the vegetable pulp, two level tablespoons of butter, two level tablespoons of flour, a level teaspoonful of salt and pepper to taste. When using starch flour mix it with cold water instead of butter, corn or wheat starch is used in cream of tomato soup, a clear soup, a cream soup, than plain flour. Cold cooked vegetables may be used for these soups. They should be moistened with hot liquid so they can be rubbed through the sieve or strainer. If the water in which they were boiled has been thrown away use fresh broth, or stock, or hot milk. Measure the cold vegetables before adding the liquid to them in order to determine how much to use. If the soup recipe calls for a larger quantity of liquid than the vegetables will make, add gradually to the mixture of flour and butter until it is liquid and smooth; then return to double boiler and reheat.

White Bean Soup.
Soak one cup of white beans over night in lukewarm water. In the morning drain, place in a baking dish with five pints of boiling water. Cover and let them cook gently for five hours, or until they are very tender. When done rub them through a sieve; add a tablespoonful of tapioca—if the pearl is used—soak over night. Add enough water or stock to make the soup of proper consistency and a tiny pinch of powdered thyme with salt and pepper to taste and a piece of butter the size of a walnut. Let cook gently for half an hour.

Vegetable Soup.
Put any bones left from roast beef in a soup kettle with a small, thin slice of ham cut into strips. Cover with as much water as is needed for quantity of soup to be served. Set over the fire and when it boils add potatoes, carrots, celery, a small onion, a small head of cabbage and a yellow turnip. Cut all the vegetables except the potatoes into small pieces. Simmer for two hours and a half, then remove the bones; season to taste and serve.

Another Vegetable Soup.
Chop fine three onions, three carrots, three turnips; put into a soup kettle with three quarts of boiling water and simmer half an hour, then add a cabbage chopped fine and a pint of stewed tomatoes. When green vegetables are in the market use one or two green bell peppers, chopped fine, carefully removing the seed. Add a bunch of sweet herbs and let the soup simmer for twenty minutes, or until the vegetables are tender. Press through a sieve into a soup kettle, bind with the flour and in proportions given above; add a teaspoonful of sugar and a cup of sweet cream if you have it and let it boil up; season to taste with salt and pepper.

Julienne Soup.
Cut one medium-sized carrot into shreds or fancy shapes with a vegetable cutter; also a small turnip; chop a stalk of celery, a core of lettuce and an onion rather fine. Fry the onion a delicate brown in a little butter, then add the carrot, turnip and celery. Add to them a teaspoonful of sugar and cover with a pint of boiling water and simmer until tender. Then add one quart of brown stock, a cup of peas and few leaves of parsley shredded; season and heat very hot and serve.

Tomato Soup.
Cut quarter of a pound of raw ham into small pieces and fry brown with a small onion; add a can of tomatoes, a small bay leaf and a stalk of celery. Simmer for fifteen or twenty minutes. Then press through a sieve; add a quart of stock and let it boil up; then season with salt and pepper and a teaspoonful of sugar. If the tomatoes are very sharp add as much soda as you can put on a ten-cent piece, dissolved in a little warm water.

Onion and Cucumber Soup.
Take one quart of cucumbers and two white onions, peel and slice them. Cover with a pint of boiling water and a pint of white stock, chicken or veal, and simmer for one hour; then rub through a sieve. Keep hot while you scald a pint of milk in a double boiler. Pour this over a paste made of two tablespoons of flour and one cup of water; stir well and let it boil. Add the vegetable pulp; season to taste and let cook a few minutes. Serve with croutons.

Bisque of Turnip.
Put one pound of soup meat into a kettle with one quart of cold water; add an onion and four good-sized yellow turnips and simmer for one hour. Then press the vegetables through a sieve; return to the kettle and add one pint of milk, season to taste with salt and pepper, bring to boiling point and serve.

Puree of Peas.
Canned peas can be used for this. Add one quart of white stock of water to one half pound of peas, a small bay leaf, a sprig of parsley and a small onion. Simmer until the peas are quite soft, then press through a sieve; return to the saucepan, season with salt and pepper and let it boil up. Add a cup of cream or milk and a dash of lemon juice. A sprig of fresh mint added to the peas is a good idea and bay leaf gives a pleasant flavor.

Cream of Corn Soup.
Put one can of corn in a saucepan; cover

with one and one-half pints of water and simmer gently for an hour. Then press through a sieve. Season with salt and a pinch of milk and pour over a "binding" made of one tablespoonful of butter and one tablespoonful of flour. Return to double boiler, add a dash of lemon juice, season with salt and pepper; add half a cup of cream if you have it; heat very hot; take from the fire and add a beaten egg just before serving. The cream may be omitted, and the puree poured over the egg. The egg may be omitted, also the cream, if you desire a plainer, less expensive soup.

Boiled Fowl.
When fowls and turkeys are old and tough the better way is to boil them until nearly done, then put them in the oven to brown. This will make them tender, juicy and almost as fine-flavored as the roasted young chicken or turkey. But many consider boiled fowl rather insipid when not finished in the oven.

Menus.
SUNDAY.
BREAKFAST.
Jellied Apples, Cream.
Fried Ham, Cream Gravy.
German Fried Potatoes.
Waffles, Maple Syrup.

DINNER.
Roast Duck, Giblet Sauce.
Currant Jelly.
Mashed Turnips, Baked Sweet Potatoes.
Waldorf Salad.
Orange Fruit, Wine Sauce.

SUPPER.
Creamed Lobster.
Tomato Jelly, Nut Salad.
Canned Fruit, Cake.
Cocoa.

MONDAY.
BREAKFAST.
Fruit, Cream.
Boiled Salt Mackerel.
Creamed Potatoes, Coffee.

LUNCH.
Toasted, Coffee.
Duck Salad, Olives.
Cottage Cheese, Wafers.
Orange Jelly, Cake.

DINNER.
Cream of Potato Soup.
Beef Steak Pie, Sweet Potatoes.
Cabbage Salad, Boiled Dressing.
Pumpkin Pie, Coffee.

TUESDAY.
BREAKFAST.
Fruit, Cream.
Cereal, Cream.
Broiled Chops, French Fried Potatoes.
Milk Biscuits, Coffee.

LUNCH.
Tomato Soup, Cream Sauce.
Ham Croquettes, Stuffed Potatoes.
Stewed Fruit, Little Tea Cakes.
Cereal, Coffee.

DINNER.
Roast Saddle of Mutton.
Mashed Potatoes, Spinach.
Beet Salad, Coffee.
Cranberry Tarts, Coffee.

WEDNESDAY.
BREAKFAST.
Fruit, Cream.
Cereal, Cream.
Plain Omelet, Bacon.
Griddle Cakes, Honey.

LUNCH.
Fried Smelt, Sauce Tartare.
Combination Salad, Wafers.
Cheese, Coffee.

DINNER.
Chinese Ragout, Rice.
Candied Sweet Potatoes, Fruit Salad.
Cheese, Wafers.
Coffee.

THURSDAY.
BREAKFAST.
Sliced Bananas and Oranges.
Meat Cakes, Brown Sauce.
Baked Potatoes, Coffee.

LUNCH.
Macaroni Balls, Cream Sauce.
Sardine Salad, Cocoa.
Apple Custard, Coffee.

DINNER.
Vegetable Soup, Rice Balls.
Chicken Pot Pie, Creamed Onions.
Lentils, Coffee.

TEETH IN WARFARE.
England's Experience in Africa Shows Need of Military Dentistry.

From the London Pall Mall Gazette.
After twenty-one months' fighting four dental surgeons have been sent to South Africa to attend to the teeth of the army. Thus does the war office put forth stupendous efforts to atone for past ineptitude.

In an army of a quarter of a million men these four surgeons should be kept tolerably busy. No soldier who has campaigned six months in Africa will, if he be wise, neglect a chance of having his teeth examined. Each surgeon therefore will have a clientele of 62,500 officers and men. Assuming that on every day of the week, including Sundays, thirty men are treated by each dentist, the teeth of the army will have been overhauled and the work of filing, excavating and filling completed in something over sixty-nine months. It should be a man on active service suffering today from toothache in a previous molar, which he will not be troubled with the agonizing pain later than April, 1907.

In the unequal struggle between trek ox and biscuit on the one hand and mere human teeth on the other, not 5 per cent of the men of any campaign came through scathless. In many cases the damage was slight; in others, where the teeth were naturally weak and brittle, the mischief done was irreparable. Even with an average set straining on an average biscuit, you never felt quite certain which would be the first to go—your teeth or your biscuit.

The Nation's City.
"It seems to me that the present condition of the water supply of the city," said one of the winter residents, "will convince Congress that the present is not the time to economize in appropriations for completing a filter system. All the members of the national legislature, as they are obliged to live here during the sessions of Congress, are, of course, affected by local conditions, as is demonstrated just now in regard to the water, and this only furnishes another illustration of the limit to recognition by all who have given the subject any thought, that this is a national city in the sense that it is the home of the national government and its control. At the same time there are people who make their homes here and whose interests are, therefore, constituting a community that is largely growing in importance and importance. These people pay taxes, as do the residents of other places. It is therefore apparent, as I work it out in my thought, that here in Washington there are two elements of what is known as civic feeling. One comprises the members of the national legislature and the other the residents here. What is known as the 'national city' is a financial emergency, is united and harmonious action on the part of both, and in that event the best interests of the entire District will be subserved."

Beyond Classification.
From the Louisville Times.
The dodo will bite, the worm will turn. At one fashionable boarding house a young lady who daily ate hash with the other guests, acquired quite a reputation for odd ways. They were unique. She would haul any dish she fancied up to her place and eat it, regardless of the ugly glances of the others. They might cry out, "Help, help, help, or help wanted," despairingly, but they never got it. One morning at breakfast her mamma saw a stern look on her face. She said to her, "What is the matter, my dear? A new boarder, a swell young man, 'Mr. Hightone,' as he is called, is here. He is a very nice fellow, but he has a very bad manner. 'Mr. Hightone,' as he is called, is here. He is a very nice fellow, but he has a very bad manner. 'Mr. Hightone,' as he is called, is here. He is a very nice fellow, but he has a very bad manner."

Honest Pride.
From the Chicago Tribune.
"Did you see those bright things I had in the last issue of the 'Illustrated Scrambler'?" "Not that I know of. What were they?" "All of them. I furnish the colored ink to the Scrambler."

The Label is Proof

—and the only proof —of the genuine "Mother's Bread."

—Don't accept the loaf without the label. It is proof of the genuine—the guarantee that you are getting "Mother's Bread."

"Mother's Bread" is on sale at almost every grocery in the city. It is utterly impossible to get a stale loaf of "Mother's Bread," because we deliver it fresh three times a day, and if any loaves are left over we take them away. Seldom any left, though.

"Mother's Bread" is displacing the made-at-home bread in thousands of homes, because it is better than any home-made bread ever baked.

A scientific process, protected by letters patent, enables us to develop at least 20% more gluten in "Mother's Bread" than was ever before possible. It is this wealth of gluten that makes Mother's Bread so healthful—so nutritious—so wholesome.

Make up your mind to try "Mother's Bread." Don't be deceived by imitations. Look for the label—it's positive proof of the genuine.

Grocers Speak Well of "Mother's Bread."

"A Story Without Words."

Outsells All Others.

Three Times as Much.

Handles Fifty Loaves a Day.

Corby's Modern Bakery.

Always Ask for Walter Baker's Cocoa and Chocolate.

Look at the Labels.

Pure-Delicious-Nutritious.

Established 1780.

Walter Baker & Co. Limited.

Dorchester, Mass.

Three Gold Medals Pan-American Exposition.

DETECTING BAD MONEY.

Bank Clerks Identify It, Often Without Comprehending Just Why.

From the Kansas City Star.

It seems wonderful to the casual observer that cashiers, bank tellers and others who handle large amounts of paper money are able, at a glance, to detect a bad note. Exactly what it is that does expose the counterfeit best experts find it difficult to tell. They say they know it instinctively. They judge not only by the looks of the note, but by the "feel" of it. It is obvious that a counterfeit note must be widely circulated to make it profitable. No number of counterfeits appear than its description is widely published. Those who are likely to suffer by taking counterfeit notes make it their business to be on the lookout for new ones, which are soon distinguishable by some easily discovered mark.

A teller knows of just what denominations are the counterfeits, and just where to look for the tell tale marks. He detects the spurious notes as easily as the reader does a misspelled word. It is no particular effort. It is a habit. The principal reason why counterfeits are so easily detected is because in some feature they are almost uniformly of inferior quality. This is, indeed, the main protection of the public. Genuine notes are engraved and printed almost regardless of cost, and the very best materials are used in the engraving and printing. It is done in large establishments, with costly materials, and by the best workmen. It is practically impossible for counterfeiters to do as well. They must work in secret and at a disadvantage, and of necessity cannot have the experience to produce such perfect work. If they get the engravings done nicely they fail in the printing, or if they get the engraving done nicely they fail in the printing, or if they get the engraving done nicely they fail in the printing.

bank notes are also issued by the government, so that the sources of supply for exactly that kind of paper are controlled.

GODDESS OF SMALLPOX.

In Her Honor Thugs Kill 30,000 Persons a Year in India.

From the Boston Post.

The divinity worshipped by the Thugs of India is appropriately enough the goddess of smallpox. Thagi (or Thugger), the religion that preaches murder, is not yet extinct. It appears, in fact, of late years to have been actually on the increase. In the Punjab there were two cases of murders by Thugs as late as 1890, while in Central India the increase in the last three or four years is startling.

About seventy years have passed since two young English officials agreed that the day of retribution was come for the followers of the goddess Kali. There were at that time at least 10,000 Thugs wandering untrained over the surface of India, who earned a livelihood by murdering their fellow-men. They lived in this way partly because it was their religion and partly because they preferred murdering to either working or begging.

As each Thug killed, on an average, three men a year, some 30,000 people, mostly under British rule or protection, vanished into the earth every year. Such figures seem incredible, and yet officials of the time say that they are probably under the mark. The Thug would set out on his business with the quiet assurance of one who merely doing his duty and would brutally murder twenty or thirty victims not only with an easy conscience, but with the calm self-approval of a successful practitioner. Nor was he at all grasping in his dealings. The celebrated Thug Shumshar deposited a great deal of care taken for the following of a victim who is suspected of having 2-pice (three farthings). Their motto was evidently small profits and quick returns.